

If bus travel is something you would like to practice and build up your confidence with, this form can be a helpful tool to work through with an adult you trust. It breaks down the key steps of making a journey when travelling by bus. It might be helpful to read these steps before you make a planned journey. After your journey, you can complete the form to help you think about how it went and the progress you're making with learning to use the bus.

Look at each of the steps and think about or write how you managed with each one. What went well? Were there any challenges? Would you do something differently on your next journey? Learning to use the bus takes practice and it's ok if you're not sure about some of the steps to begin with.

Bus journey progress form			
Young person's name		Journey made	
Supporter's name		Date and time	
Steps		Reflection (e.g., how you felt, what went well, any challenges)	
I can find the bus stop I want to be at			
I can identify the direction the bus is travelling in			
I can identify the bus I want to get on			
I can signal to the driver that I want them to stop			
I can get on the bus safely			
I can communicate with the driver if I need to, for example, to check that I am on the correct bus			
I can use my pass or communicate with the driver to get a ticket			
I can find a suitable place on the bus			
I can use strategies to help me feel calm when I am on the bus			
I can recognise where I need to get off the bus			
I can let the driver know when I want to get off the bus			
I can wait for the bus to stop before getting off			
I can get off the bus safely			
If I need to cross the road, I can wait for the bus to leave before doing so			
Anything else?			